

Cluster Headaches

Cluster headaches are one of the most painful headaches. The term “cluster” is often used as attacks usually occur in groups or clusters. Headaches can come and go for a period of weeks, months or even occur at certain times of the year. It’s more common in men than women and also more prevalent in heavy smokers. There may be a family history of cluster headaches.

Cluster headaches usually starts without warning, causing excruciating pain in or around one eye, radiating out to other facial areas, head and neck. Pain is usually one sided, causing the eye on the affected side to water and become red. Nose may also run or become stuffy on affected side. Attacks may occur on consecutive days for a period of time with remission periods of months to years.

Cluster headaches can be triggered by alcohol, strong smelling substances such as petrol fumes, perfume, bleach or solvents. It is advised to stay away from these things during cluster periods. Unlike migraine and tension headache, cluster headache isn't generally associated with triggers such as food, hormonal changes or stress.

Dr Pascoe will take a detailed history of your symptoms, you may be referred to have a MRI to rule out other causes of severe, sudden onset headaches.

Fortunately cluster headaches are rare and medication can help reduce the number and severity of headaches. Dr Pascoe will discuss the treatment best suited to you.